



GCC's Art & Wellness Center Presents:

# Gentle Yoga & Relaxation

## Tuesdays 1-2 pm



**This group is open to both men and women and features relaxing music, gentle stretching, yoga, and breath work. All fitness levels accommodated. For ages 18 thru 99 1/2 years. Mats are provided (although you may bring your own). Yoga, mindfulness, and breath work are awesome tools for managing stress, anxiety, depression, and much more. Join us!**

***Gentle Yoga & Relaxation***  
***Tuesdays 1-2 pm***

**The Art and Wellness Center is located on  
the GCC property at 146 S. 10th Street.**

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